

BETTER YOU 2025

Join us this January and February for a series of **FREE events** focusing on mental wellbeing, physical health, community and connection, and personal enrichment.



MENTAL WELLBEING



PHYSICAL HEALTH



COMMUNITY & CONNECTION



PERSONAL ENRICHMENT

JAN 14 TUESDAY	Creative vision board workshop 12.30 - 14.00	FEB 4 TUESDAY	Typetasting: how sight and sound shape flavour 17.00 - 19.00
JAN 15 WEDNESDAY	Sound meditation 17.30 - 18.30	FEB 5 WEDNESDAY	Influencing your sphere: anti-racism training 10.00 - 12.00
JAN 16 THURSDAY	Bouldering 17.30 - 18.30	FEB 6 THURSDAY	Aerial slings yoga 13.00 - 14.30
JAN 21 TUESDAY	Natural perfume making 17.30 - 19.30	FEB 11 TUESDAY	Making the most of networking & how to pitch 10:00 - 13:00
JAN 22 WEDNESDAY	Introduction to anti-racism 10.00 - 12.00	FEB 12 WEDNESDAY	Yoga Nidra 18.00 - 19.00
JAN 23 THURSDAY	Self-defence 17.00 - 19.30	FEB 13 THURSDAY	Lavender sachet making 17.30 - 19.00
JAN 28 TUESDAY	How to look after your house plant 12.30 - 13.30	FEB 18 TUESDAY	Nutritionist lunch and learn 13.00 - 14.00
JAN 29 WEDNESDAY	Momo Dumpling making 17.30 - 19.30	FEB 19 WEDNESDAY	Seed sowing 12.30 - 13.30
JAN 30 THURSDAY	Carbon literacy training 09.00-16.30		

